

Material-Free Activities

Movement Mimic

This game is similar to the old game of Gossip or Telephone, where one player begins by whispering something into the ear of the next player, who in turn whispers it to the next player, and so on all the way around the circle. But, here, instead of trying to get the same words all the way around, the children try to replicate the same movement.

While standing, form a circle with the children and begin by choosing an action that each child must take turns imitating until it comes back to you. For instance, you might gently squeeze the hand of the child to your right, and she must do the same to the child on her right, and so on around the circle (i.e., sequential movement).

Moving with Limitations

Challenge children to find two different ways to move:

- at a low level in space
- at a high level
- in a round shape
- in a pointy shape
- in a crooked shape
- using both the hands and feet
- using any body part(s) but the feet

Shapes

The following use divergent production (multiple possible responses) to stimulate children's imaginations and problem-solving skills.

Ask a group of children to create shapes with their bodies and you're likely to get as many different shapes as there are children! Ask them to show you the following:

- round
- flat
- high
- low
- wide
- narrow
- pointed
- crooked

You can also ask them to take on the shapes of pencils, tables, chairs, teapots, and rugs!

Get Ready Spaghetti

Talk to the children about spaghetti. What shape is it? What is it like when it's uncooked? What happens when it's placed in boiling water? What happens if cooked spaghetti is left on the plate too long? Is it hard or soft then? What shape is it then?

Challenge the children to portray spaghetti in its various stages: uncooked and in a box, coming out of the box, being placed in boiling water, being stirred, being placed on a plate, and being left out and drying up. As the children are depicting the various stages, provide additional verbal help, using such words as *stiff*, *loose*, *limp*, and *hard*.

Stand Up/Sit Down

This activity can easily be used for a transition. It can get both the brain and body warmed up, as well as working on the concepts of up and down.

Sit with the children, who can be in a circle or scattered throughout the space. Invite the children to alternately stand up (jump up) or sit down if:

- They're glad to be there
- They're feeling good that day
- They're happy to see their friends
- They're looking forward to learning something new
- They're wearing something blue (or any other colors)
- If they're a boy/girl
- If they have a cat/dog at home
- If they have a brother/sister
- If they like broccoli (or a different type of food)

The above activities are from:

<http://movingandlearning.com/index.html>